

Nutrition and Physical Activity State Plan

2007 Update of Activities

Parents and Caregivers

Goal: South Dakota parents and caregivers will provide a healthy environment for children that promotes physical activity and nutrition.

Objectives

Objective 1.1: By 2010, increase to 40% the proportion of children ages 2 – 18 who consume five or more servings of fruit and vegetables per day.

- Fit From the Start Awareness Campaign
 - The South Dakota First Lady helped to kick off the campaign by reading nutrition and physical activity books, selected by Healthy SD staff, to a group of 2-5 year olds from a local child care center. The First Lady continues to read and share those books at Capitol's for a Day throughout South Dakota. (DOH)
 - Distributed Dry Erase Magnets to South Dakota licensed and registered child care facilities and WIC offices to distribute to parents of 2-5 year olds to help them track their child's nutrition and physical activity. (DOH, DSS)
 - Healthy SD had FFS Campaign banners and floor stickers remain posted in grocery stores throughout South Dakota to promote the campaign and fruit and vegetable intake. (DOH)
 - The campaign promotional materials and TV commercial will be re-posted starting in February 2008. (DOH)
- Fit from the Start Initiative
 - The FFS Initiative is an intervention proposal to CDC to implement the Fit from the Start Initiative in South Dakota licensed and registered child care facilities by intervening to train child care providers on healthy eating and strategies to increase access to vegetables in 2-5 years in their facilities. The initiative will also incorporate the child care parents to educate them on the importance of eating fruits and vegetables and role modeling. Currently awaiting final CDC approval. (DOH)
- Analyzed recipes and developed nutrition facts and activities for schools and daycares Adapted to South Dakota and printed *Physical Activities and Healthy Snacks for Young Children* activity cards (DOE, DOH, DSS).
- Adapted to South Dakota and printed *Policies and Best Practices for Nutrition and Physical Activity in Early Childhood Settings* policy cards. (DOH, DOE, DSS)
- Provided information to WIC program around fruits and vegetables. Information was included in quarterly newsletter. Purchased posters promoting fruits and vegetables that were placed in WIC offices statewide. (DOH)
- Included information on the healthysd.gov website during Fruit and Veggies month including a special wall chart on which classroom to track fruit and vegetables. (DOH, DOE)
- Implemented Fresh Fruit and Vegetable Program to the selected schools located on the Pine Ridge Indian Reservation. (DOE) Provided materials to these schools (DOH)
- Healthy SD web site continues to be updated each month to provide information for parents, caregivers, tweens, teens, and children related to the importance of children 2-

18 regularly consuming fruit and vegetables. (DOH)

- South Dakota Public Broadcasting working with parents and kids on health and nutrition. (SDPB)
- Fruit and vegetable classroom activities and skits. (Aberdeen Schools)
- Held parental challenge in promoting fruits and vegetables. (IHS)

Objective 1.2: By 2010, reduce the proportion of pre-school children and school age children and adolescents who are at risk of overweight or overweight.

- South Dakota Great Day of Play (SDPRA, GFP, DOH)
 - Promoted with great success, the first annual South Dakota Great Day of Play in collaboration with the South Dakota Parks and Recreation Association and South Dakota State Parks. The goal of the day was to encourage people of all ages to get outside and be physically active and attend events occurring at their local park and recreation facilities and/or state park.
 - To date, 3930 people participated in SD Great Day of Play events. Primary attendees were early childhood and school-age children, along with their parents.
 - Event activities included some of the following: canoeing, disc golf, free-swimming passes to local pools, rock-wall climbing and beach ball.
 - Evaluation surveys have been received by most of the event coordinators and once all have been received a SD Great Day of Play Summary Report will be generated. A 2008 SD Great Day of Play is planned with those interested in coordinating an event.
- Fit from the Start Awareness Campaign
 - Refer to Objective 1.1 for some activities related to this campaign.
 - The campaign goal is to promote awareness of the importance of healthy eating and physical activity in 2-5 year old children. Promotional materials such as: snack cups to encourage healthy snacks, dry erase magnets to track nutrition and physical activity, suggested reading list, as well as promotion of the campaign at relevant conferences throughout South Dakota have been utilized to promote the campaign. Snack cups have been distributed to parents and caregivers of children 2-5 years of age at conferences, through program partners and applicable outlets. Campaign promotion will begin again in February 2008. (DOH, DSS)
 - Healthy SD logo seen at grocery stores. (Sioux Falls)
- Fit from the Start Initiative
 - Training will be developed and conducted to educate child care providers on the percentage of 2-5 year old children in South Dakota who are overweight. The training will also address ways for providers to adopt healthy eating and physical activity policy and environmental changes. (DOH, DSS, DOE and others)
- Healthy SD web site continues to be updated each month to provide information for parents, caregivers, adolescents, school-age and early childhood age children, related to the risks of at-risk for overweight and overweight and resources to assist in preventing overweight from occurring. (DOH)
- Collected School Height and Weight data from schools. (schools, IHS) Report and brochure of 2005-2006 data sent to participating schools. Solicited applications from schools needing scales and/or measuring boards to participate in this surveillance effort. Fifteen scales and 17 measuring boards were awarded this year bringing the total to 564 pieces of equipment provided to schools since this effort was started. (DOH, DOE)
- Collected Pediatric Nutrition Surveillance System data from WIC participants. Report of 2005 data completed. (DOH)

- Data gathered from the 2007 YRBS is not in report form at this time but data is collected on behaviors that contribute to the obesity of children such as physical activity levels, TV viewing and nutrition. (DOE)
- An all-day Obesity Summit, “Lifestyles for Healthy Kids”, held in Sioux Falls for childcare providers, parents, grandparents. (Midwest Dairy, AHA, American Diabetes Association, City of Sioux Falls, GHI)
- Rack cards on nutrition and physical activity distributed to schools. (DOE/CANS)
- Package of information sent to schools regarding wellness policy, healthy fund raising and wellness. (School superintendents, DOE/CANS)
- Enhanced assessment process to improve nutrition education (VENA, Value Enhanced Nutrition Assessment) implemented by WIC. (DOH/WIC)
- Healthy Weight Quiz for Parents developed so parents can measure child status rather than professionals. (DOH/WIC)

Objective 1.3: By 2008, increase by 15% the proportion of early childhood programs that adopt a physical activity program policy for children.

- Fit from the Start Initiative
 - South Dakota licensed and registered child care providers will be trained on strategies to increase physical activity opportunities for children 2-5 years of age in their child care facilities. Upon training providers on increasing physical activity opportunities, providers will be required to implement at least 1 physical activity program policy in their facility. Implementation of the Fit from the Start Initiative and the adoption of 1 physical activity policy is deemed to be completed by June 2009. It is projected that approximately 50% of providers trained will have implemented a physical activity policy by June 2009. Providers will start to be trained on the initiative starting in April 2008, where it is feasible that 15% of programs will have adopted a physical activity policy.
 - Providers will also be encouraged, but not required to implement 1 TV viewing policy which reduces or eliminates TV viewing in their child care facility, thereby increasing physical activity.
- “Healthy Kids Childcare Curriculum” and “Healthy Kids Parenting Curriculum” developed by Growing Healthy Initiative. Childcare and parenting classes for physical activity and healthful eating being used in all 7 regions of state. (Sanford Childrens, Kohl’s, GHI)
- Provided training in 3 areas of the state on “I am Moving, I am Learning” program. (Head Start)

Objective 1.4: By 2010, increase to 75% the proportion of infants who are ever breastfed.

- The *South Dakota Policies and Best Practices for Early Childhood Settings* resource cards were developed in collaboration with the South Dakota Department of Education, Team Nutrition program, which includes a model policy on breastfeeding. These resource cards were adapted from Team Nutrition Iowa and targeted towards child care providers and early childhood professionals. These cards will also be a component of the Fit from the Start Initiative training for child care providers, to encourage breastfeeding among the child care parents. (DOE, DSS, DOH)
- Developed poster for World Breastfeeding Week featuring Native American women (SD Breastfeeding Coalition)
- Revamped lactation rooms to support breastfeeding moms. (RCRH)
- Changing crib cards to support breastfeeding (discontinuing crib cards with formula name on them). (RCRH)
- Continue Breastfeeding Peer Counseling in 5 counties. (DOH/WIC, Growing Up Together)

Objective 1.5: By 2007, distribute public education materials and resources on the impact of overweight and obesity to at least 50,000 parents and caregivers.

- The *South Dakota Physical Activities and Healthy Snacks for Young Children* resource cards were developed and adapted from Team Nutrition Iowa and as a collaborative with South Dakota Department of Education, Team Nutrition Program. These cards provide a series of healthy recipe cards and physical activities. (DOE, DSS, DOH)
- The *South Dakota Policies and Best Practices in Early Childhood Settings* resource cards were developed and adapted from Team Nutrition Iowa and as a collaborative with South Dakota Department of Education, Team Nutrition Program. These cards provide a series of model policies relative to nutrition and physical activity policy and environment change. (DOE, DSS, DOH)
- Materials have been and will be distributed to promote the collaborative program with the South Dakota Game Fish and Parks Department, "Walk in the Park". Parents are encouraged to utilize state parks and trails to get physically active, while learning about the state park and it's wildlife. A bandana was created to help promote the program through distribution to parents through conferences, sportsmen shows and applicable settings. (GFP, DOH)
- Rack cards to support school wellness policies distributed to all schools. (DOE/CANS)
- Provided nutrition materials to Care Mobile to distribute during oral health visits. (DOH/Oral Health, Delta Dental)
- Turn off the TV Week
 - Educational materials were developed to promote National Turn off the TV Week. Materials such as: promotional flyer and press release, were distributed to Healthy SD partners to help promote to relevant populations such as the Department of Education, including parents and caregivers. The press release was included in various newspapers throughout the state. (DOH, DOE, DSS. Cooperative Extension)

Objective 1.6: By 2008, distribute information regarding the importance of healthy physical activity patterns for children to at least 50,000 parents and caregivers.

- Fit From the Start Awareness Campaign
 - Healthy SD distributed Dry Erase Magnets to South Dakota licensed and registered child care facilities to distribute to parents of 2-5 year olds to help them track their child's nutrition and physical activity. (DOH, DSS)
- Healthy SD web site continues to be updated each month to provide information for parents and caregivers related to the importance of physical activity and resources to assist in increasing the activity level of the children they care for. (DOH)
- Child Adult Nutrition Services designed rack cards with a variety of topics related to physical activity levels needed for children as well as policy statements related to recess time in schools. (DOE)

Objective 1.7: By 2010, increase to 50% the proportion of infants breastfed at 6 months and to 25% the proportion of infants breastfed at one year.

- Developed poster for World Breastfeeding Week featuring Native American women (SD Breastfeeding Coalition)
- Printed and disseminated Breastfeeding and Reutrnng to Work brochures and Breastfeeding and Childcare brochure. (DOH)
- Expanded breastfeeding program for mothers returning to work to continue breastfeeding. (RCRH)

Schools and Youth Organizations

Goal: Provide environments for youth to learn and practice skills today for a lifetime of fitness and healthy eating.

Objective

Objective 2.1: By 2010, all South Dakota K-8 schools will provide 150 minutes per week of physical education and 25% of South Dakota high schools will provide 225 minutes per week of physical education.

- Sioux Falls Public Schools maintained current level of physical ecuation and avoided a decrease. (GHI, American Heart, American Diabetes, SDAHPERD)
- Developed core standards for the high school physical education requirement (DOE, DOH)
- Physical Education Curriculum Assessment Training, PECAT, held across the state. (DOE, DOH, AHPHERD)
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Objective 2.2: By 2010, establish comprehensive, sequential K-12 health education, focusing on nutrition education and physical activity in all South Dakota schools.

- Sioux Falls k-5 Sequential Health Curriculum (GHI, Sioux Falls School)
- Pathways Curriculum training (nutrition) held on Pine Ridge Reservation. (DOE, SDSU Cooperative Extension)
- Re-Charge afterschool program—physical education and nutrition guidelines/curriculum—implemented in 50+ programs. (DSS, Action for Healthy Kids, Dairy Council)
- Updated and distributed Fun with Foodela The Elephant, 2nd & 3rd grade resource. (DOE/CANS, DOE/CSH)
- Updated Nutrition Expeditions curriculum with 6 new lessons on academic integrations for FACS teachers. (DOE/CANS)

Objective 2.3: By 2010, all South Dakota schools and youth organizations that serve food will adopt nutrition standards as outlined in the South Dakota Department of Education Model School Wellness Policy.

- A survey was completed to collect information regarding progress in SD Schools related to the adoption of wellness policy after six months. (DOE) Survey data showed over 60% of respondents used the model wellness policy as a starting point and nearly 40% adopted majority of the policy.

- Training and technical assistance has been given to schools related to wellness policy and implementation. (DOE)
- Pack cards developed to support wellness policy in schools. (DOE/CANS)
- All Sioux Falls area public and private schools received a toolkit that will help teachers replace food rewards with play activity and games. (GHI, Ronald McDonald House Charities, Sioux Falls public and private schools, Lennox, Tea, Harrisburg, Dell Rapids, West Central, Brandon Valley)
- Decrease sweetened beverages in schools implemented. (schools)
- Healthy Schools curriculum new in Child Nutrition Certification Institute for school nutrition programs. (DOE/CANS)
- Conducted 8 hours of training via DDN for school food service staff. (DOE/CANS)
- Awarded mini-grants for school garden projects, fun fruit and vegetable events, FACS class, or physical activity day to schools and youth organizations. (DOE/CANS, DOE/CSH)
- Solicited applications for mini-grants for RDs in schools, school gardens, and fun with fruits and vegetable projects to be awarded in Feb. 2008. (DOE/CANS)

Objective 2.4: By 2007, develop a pilot project involving ten (10) youth organizations to increase physical activity opportunities for youth.

- Secured Healthy Kids, Healthy America funding from National Governor's Association that could be used to provide pilots to out-of-school time organizations. (DOH)
- An RFP was issued in the fall of 2007 and of the 50 applications received 17 applications were funded for a total of \$70,000. Grants were awarded to schools and out of school time programs. (DOH)
- Conducted a training needs assessment for the Healthy Kids Grant. (DOH, DOE, DSS)

Objective 2.5: By 2007, 85% of the school districts and youth organizations in South Dakota will designate a wellness coordinator who will serve as a contact person for all nutrition and physical activity communications.

- Provided grants to develop a system for communication that would include a school health contact in each of the 7 Educational Service Agencies. This ESA regional school health contact then worked with school districts in their region to recruit district level contacts and develop a communication system with those contacts. (DOH, DOE) Also developed a communication system with private and BIE schools. (DOH)
- Conducted a follow-up evaluation survey was conducted in July of 2007 with positive response for both the ESA and school districts. (DOH, DOE)
- Using feedback from the follow-up survey changes were made to the newsletter and will continue in 2007-2008 called *News Infused*.

Objective 2.6: By 2006, provide all school districts and youth organizations with information on improving youth fruit and vegetable consumption.

- All schools were sent information on increasing fruit and vegetables. (DOE)
- Ideas about how to increase fruits and vegetables in schools was solicited from school nutrition staff and posted on websites. (DOE, DOH)
- Various programs implemented throughout the state. (SDSU Cooperative Extension, SDSU Nutrition Network, EFNEP/CES, FNP/CES)

Objective 2.7: By 2007, expand and promote the HealthySD.gov website as a network for information and resources for all schools and youth organizations.

- Updates are made monthly to the schools page of the web site. (DOH)
- The web site was marketed at a variety of education conferences such as Joint Conference of School Administrators and Teacher Leadership Conference. (DOE)
- The Healthy SD program provided water bottles with HealthySD.gov printed on them to schools participating in SD Schools Walk. (DOH)
- Updates on the Healthy SD program were included in the ESA newsletter to schools. (DOH,

DOE)

- Trailer with Healthy SD info secured for Northern Hills area to take to parks and schools with physical activity equipment and to use in parades. (GFP, DOH)

Other school youth organization activities:

- Development of Safe Routes to School program. (DOT)
- Conducted Walk to School Week and “Walking Wednesdays”. (DOH, DOE, Schools)
- Community/schools walk occurring. Participants eligible to walk are teachers, students and community members. (Kimball and Miller schools)
- Backpack program for food on weekends piloted in 3 schools in Sioux Falls and in Rapid City district. (Hillary Duff, area food banks, school districts)
- Power panther visits South Dakota schools and preschools to promote fruits, vegetables, and physical activity. (DOE/CANS)

Workplace

Goal: To promote healthy lifestyles and reduce chronic disease in South Dakota workplaces through healthy eating and physical activity.

Objective

Objective 3.1: By 2010, establish 50 additional workplace wellness programs that support an environment for healthy eating and physical activity.

- Working with approximately 75 new worksites to establish wellness programs.(DOH, Cooperative Extension)
- 57 worksite wellness trained to work with small businesses. (DOH, Extension, Avera, Sanford, Parks & Rec)
- Formed a statewide wellness committee to provide an avenue to network and share information and resources regarding worksite wellness.
- Provided mini-grants to businesses implementing wellness programs to promote and support environment and policy change. (DOH, Cooperative Extension)
- Promote education and awareness in South Dakota worksites regarding strategies to increase physical activity, healthy eating options, and support for breastfeeding in the workplace. Have developed or purchased resources for worksites to utilize. Various resources accessible on the healthysd.gov website. (DOH)
- Trained 57 Worksite Wellness Consultants to assist worksites with implementing wellness programs. Consultants provide technical assistance and resources to worksites utilizing the “Strides to a Healthier Worksite” toolkit. (DOH, Cooperative Extension, Avera, Sanford Health)
- Continue to market “Strides to a Healthier Worskite” toolkit in South Dakota workplaces.(DOH)
- Provide ongoing technical assistance to worksites on request related to nutrition and physical activity.
- Update information located on the healthysd.gov website under the Workplace tab. (DOH)
- Expansion of breast pumping facilities for employees at Rapid City Regional Hospital. (RCRH)

- Provided resource booklet to schools on School Employee Wellness. Also promoted HSD workstie challenge to schools. (DOE/CANS)
- Implemented worksite wellness program. (American Cancer Society)
- Implemented START worksite walking program. (American Heart Association)
- Developed toolkit for worksites to utilize when organizing challenges. (DOH)

Objective 3.2: By 2008, develop and implement a statewide data collection system to evaluate the impact of South Dakota workplace wellness programs.

- Creation of data collection system nearly complete. Fall 2007 will be testing the tools in 3-4 worksites before making available statewide. Two components include an online assessment of worksite wellness programs and a short survey of worksite organizational health. Components will be available on healthysd.gov. (DOH)

Community

Goal: To promote healthy lifestyles and reduce chronic disease in South Dakota communities through healthy eating and physical activity.

Objective

Objective 4.1: By 2010, provide documentation of 25 South Dakota communities that have evaluated their policies and environment concerning healthy eating and physical activity and the changes made to help enhance the community's wellness.

- Communities that are currently working or have worked to improve the policy and environment around nutrition and physical activity include Brookings, Sisseton, Yankton, Pierre, Sioux Falls, Lemmon, and Winner. Technical assistance was given on request to communities wanting to improve the environment and policy. (DOH)
- Communities added during 2007 include Rapid City, Mitchell and Aberdeen.
- Resources we updated on Healthy SD.gov monthly under the Adult tab of the web site. (DOH)
- Provide to partners free print resources related to healthy eating and physical activity found on the Healthy SD web site.
- Provide information for publications of state parks and municipal recreation. (DOH, SDPRA)
- Market the Healthy SD web site to communities through sport shows, health fairs and community events. (DOH, GFP, DOE, and others)
- SD Mile pins were provided to small communities to host walks or walking clubs. In 2007 10,000 pins were distributed. (DOH, DOE, GFP)
- Collaborated with SD Division of Parks and Recreation to host approximately 50 *Walk in the Park* opportunities for communities to participate in 2007. (GFP, DOH)
- Provided recreation equipment for SD State Parks to check out to families visting the parks to increase opporunities for physical activity and promote families playing . (GFP, DOH)

- Provided flying discs printed with Healthysd.gov to communities through open house weekend at the state parks and city recreation programs. (DOH, GFP)
- Articles were provided to *Municipalities*, magazine provide to members of statewide Municipal League. (Municipal League, DOH)
- Turn off the TV Week
 - Educational materials were developed to promote National Turn off the TV Week. Materials such as: promotional flyer and press release, were distributed to Healthy SD partners to help promote to relevant populations such as the Department of Education, including parents and caregivers. The press release was included in various newspapers throughout the state. Feedback was received from partner contacts indicating that the TV was turned off and interactive activities were encouraged, including a family that informed Healthy SD that they turned the TV off for that week.
- South Dakota Great Day of Play
 - Promoted with great success, the first annual South Dakota Great Day of Play in collaboration with the South Dakota Parks and Recreation Association and South Dakota State Parks. The goal of the day was to encourage people of all ages to get outside and be physically active and attend events occurring at their local park and recreation facilities and/or state park.
 - To date, 3399 people participated in SD Great Day of Play events. Primary attendees were early childhood and school-age children, along with their parents. Distributed 1,000 frisbees or beach balls.
 - Event activities included some of the following: canoeing, disc golf, free-swimming passes to local pools, rock-wall climbing and beach ball.
 - Evaluation surveys have been received by most of the event coordinators and once all have been received a SD Great Day of Play Summary Report will be generated. A 2008 SD Great Day of Play is planned with those interested in coordinating an event. (SDPRA, GFP, DOH)
- USDA Rural Health grant received. 10 communities selected to have community conversations to evaluate or determine “health” priorities for their communities and how they will address. Will use “community coaching” approach with trained extension educator. (SDSU CES)
- Developed Safe Routes to School program. (DOT)
- Increased sidewalks in Rapid City. (City of Rapid)
- Provide food distribution on reservations including recipes and health tips. Increasing nutritional value of foods provided. (IHS Nutritional Team)
- Sponsor marathons, park development, etc. (local Chamber of Commerces)
- Conducted 3rd annual Healthy Hunter Campaign. (DOH, GFP)
- Promoted local walks on Healthysd.gov website.
- Developed State Park road walking map and posted online showing mileage on roads in most State Parks. (GFP)
- Developed fitness center specially for you with appropriately sized equipment and youth-oriented staff. (Rapid City YMCA)
- Conducted three online Healthy Challenges—Dairy, Michelson Trail, Fruits & Vegetables—on healthysd.gov website.

Objective 4.2: By 2008, develop and implement a statewide data collection system to evaluate the nutrition and physical activity policies and environment of South Dakota communities.

- To be released in early 2008.

Health Care

Goal: Increase support for physical activity and healthy eating within South Dakota health care systems and among health care providers in order to achieve a healthy Body Mass Index (BMI) for all South Dakotans.

Objective
<p><u>Objective 5.1:</u> By 2007, provide obesity prevention resources and tools to 90% of practicing health care providers in South Dakota.</p> <ul style="list-style-type: none">• Distributed <i>Obesity in South Dakota A Clinical Toolkit for Healthcare Providers</i>, posted toolkit on Healthysd.gov website, and provided tools to healthcare providers. (DOH, DSMA)• Pedometers and information on healthy physical activity distributed by nurses at community health offices to pregnant women (Baby Care). (DOH, DSS)• Electronic Health Record highlights BMI to increase opportunities to manage health and wellness including generating tailored take-home materials. (Foundation)• Health Care Literacy campaign implemented. (AMA, CMS)
<p><u>Objective 5.2:</u> By 2010, increase by 75% the proportion of South Dakota medical, nursing, and allied health programs, where appropriate, that include core competencies in obesity prevention, assessment of weight status, and weight management in their curricula.</p>
<p><u>Objective 5.3:</u> By 2010, increase to 75% the proportion of infants ever breastfed, to 50% the proportion of infants breastfed at 6 months, and to 25% the proportion of infants breastfed at one year through increased support in health care settings.</p> <ul style="list-style-type: none">• Developed poster for World Breastfeeding Week featuring Native American women (SD Breastfeeding Coalition)• Collected breastfeeding initiation data by facility of birth and sent back to that facility. (DOH)• Provided education and support to mothers in the Bright Start home visiting, WIC and Baby Care programs to encourage initiation and continuing to breastfeed.• Implement the Breastfeeding Peer Counselor Program in WIC to 5 counties. (DOH)• Infant feeding cling developed for all parents of newborns which is given in United Way packets at all hospitals. (Wellmark Foundation, GHI, WIC, Avera, Sanford, United Way)• Lactation Consultant Services education provided to 40 West River nursing students. (SDSU, USD-Nursing, RCRH/Lactation Consultant Services)• Expansion of Lactation Consultant Services at SD Hospitals. (RCRH, Avera McKennan, Mid-Dakota, etc.)• Implementation of CDC crib cards to promote breastfeeding. (RCRH)

Objective 5.4: By 2010, decrease by 10% the proportion of South Dakotans already overweight or obese.

- Expansion of bariatric surgery clinics.

Objective 5.5: By 2010, increase by 50% the proportion of health care systems in South Dakota that support and promote physical activity and healthy eating.

- Expanded wellness screening and programs for staff. (RCRH)

Objective 5.6: By 2007, provide four continuing education credit opportunities annually for health care providers on topics related to obesity prevention, nutrition, physical activity, or health behavior change strategies.

- UAB satellite conference downlinked to 10 sites statewide. (DOH)
- Nutrition Seminar included speakers on fruit and vegetable intake, physical activity, and behavior change. (SDSU, DOH, and others)
- Speaker at professional meetings on Healthysd.gov. (SDDA)
- Held breastfeeding training conference. (Avera McKennan)
- Provided job shadowing/mentoring for SDSU nursing students, new nursing staff, and dietetic interns. (RCRH/Lactation Consultants, SDSU)